

## THE STIMULANTS USED IN COOKING.\*

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The table as a piece of furniture should be held in great esteem. By turns it is loaded with learned books and succulent meats, which serve for nourishment for mind and body. No one who loves his fellow-man wishes to see the pleasures of the table curtailed, for it is here that some of the most delightful intercourse of human beings takes place. As Rudyard Kipling puts it, we can here praise Allah, who has not terminated the delights nor separated the companions. While conversation is the chief pleasurable feature at table, yet the general surroundings and the manner of preparing and serving the food are all contributory to the charm of a convivial gathering.

But good and evil are born at a whelping, and while the table brings us much good, it also brings us much evil. Remonstrance is especially needed against the misuse of spices and pepper. In preparing food, seasoning is important, and when delicately done adds much to our pleasure. Take salt, for instance, of which it is said it is something that being left out makes food taste bad. No matter how carefully the cooking is done, if salt is omitted, the dish will taste flat. The ancients considered salt so necessary a seasoning in all cooking, and held it in such favor that metaphorically they applied the term salt to the witty sayings that give zest to conversation. Stimulating drugs, such as pepper, are added to food either to stir up a jaded appetite, or to take away the flat taste, or to vary the monotony of diet.

It would seem impossible in any of our large cities for a person with a fair digestive system, and moderately well supplied with money, to suffer from monotony of diet. If, after being shown the long list of different good things to eat, one were told that many people live exclusively on bread, meat, potatoes and sugar, with coffee, whisky and pepper, one would be surprised. Nevertheless such is the case. With us this state of affairs would seem especially strange, with a bay and river system that is richer in food than Delaware Bay, and surrounded by the most fertile valleys the world possesses.

The character of our population, too, should prevent sameness in eating. The southern European with his liking for garnishes and vegetables should correct the heavy, monotonous menu of the Anglo-Saxon. The German Israelites are good eaters, and bring us many fine dishes. The Italian market gardeners furnish us with a number of vegetables that in the eastern states are high priced novelties, and the proprietors of Italian vegetable stalls know many a secret of good cooking, especially in the way of soups and salads. In California, therefore, there is no excuse for the deadly round of bread, meat and potatoes that is the curse of the middle and Eastern states.

Our very early ancestors, like the other carnivo-

rous animals, ate their food as they killed it, while it still had its warmth, and before the myosine had set. The meat was therefore warm and tender. We have learned to keep meat until the myosine again liquefies, and we cook it to restore the volatility of the flavors. In a savage state man's food consists of so few articles, and the cooking is so badly done, that the longing for new sensations to the palate must become intense. The demand for strong spices and alcohols becomes a passion that civilized peoples hardly realize, as, for instance, among Indians, who will drink a diarrhea mixture loaded with Cayenne pepper as a beverage. In this view one can get the attitude of the barbarians toward ancient Rome and can understand why Alaric, on conquering the Eternal City, demanded an annual contribution of pepper. It is said that the Huns in order to make their meat tender would ride on it all day. Between the odors acquired from the rider and from the horse such a piece of meat would go down better for a liberal peppering.

The active overland trade between the Orient and Europe was in spices and other drugs that contained great value in small bulk. It was this Oriental trade that made the commercial predominance of every empire from the Babylonian, down through the Assyrian, Greek, Alexandrian and Roman to the Venetian. It was the spice trade and the desire to reach the Orient by sea to conveniently get at these condiments, that led to the discovery of America and to the rounding of the Cape of Good Hope. Then came the commercial rise of Portugal, Holland and England, and now this Oriental trade has begun to build up the west coast of the United States and San Francisco. The fundamental reason for all this striving is that spices give the human being pleasure, and for pleasure he is willing to go any length, and to endure all hardships, even those of ill health.

In Nuremberg they keep the old home of Albrecht Durer as a revered monument, and it is furnished as nearly as possible in the way it was in the lifetime of the artist. The kitchen is small, and inconvenient. The cooking utensils are few, unhandy and clumsily made, and the stove is a primitive inconvenient affair. No wonder Albrecht died of intestinal cancer, seeing the kind of food his bowels must have been given to elaborate as nourishment for his august brain. As I looked at the kitchen outfit I saw the material evidence of poor cooking, with its natural consequence of longing for pepper and overseasoning, necessitating in its turn the long, expensive, risky camel-freight across the Mesopotamian deserts, through a country controlled by the stupid Turk. The obtuseness of the Turk in commercial matters is proverbial, and he barred the way. No wonder America was discovered, and it was particularly fitting that a lady should give her jewelry to have the matter brought about. The whole of Rabelais, that incarnation of the Middle Ages, who lived in the time of Isabella, is one long expression of the desire to relieve the flatness of ill-cooked food by means of vinegar, salt, mustard,

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pepper, and by the smoking and salting of meats. These foods were to be washed down with great quantities of strong drink, on the principle never to spare liquor to those that are at hot work.

In the memory of those now living, the people of the United States were rural. Even the urban populations were countrified in life and thought. It is only of recent years that commerce has so developed as to change the life of the nation. In a rural population the food is bread, meat and potaties, and nothing else; and the castor is always on the table. Pork is about the only meat used, and it is frequently badly cured. We all of us remember the rusty pork of the farm houses. The bad quality of the meat on the farms leads to the consumption of large quantities of starchy foods, as breads, pies, cakes, and heavy pastries. As sugar grew cheaper it also came more into use. This heavy food, while men were working in the open air on the farm, was usually well assimilated. But as commercial life developed and people got indoor and more sedentary occupations, such concentrated diet acted more and more disastrously on the digestive organs. The combination of heavy feeding with sedentary habits is especially fatal to those that by nature are endowed with a particularly fine digestion. This is one of the most interesting chapters in the hygiene of nutrition, and is best illustrated by a concrete example:

A man past forty-five years of age had a very active occupation before the great fire in San Francisco. He liked good eating, and especially peppery dishes, and also took many drinks of Scotch whisky throughout the day. His elimination was excellent, and pleasure not pain was his portion. After the fire the natural slowing down of elimination at his time of life was accentuated by a sedentary occupation. Burke has said that there are two things we must guard against as we grow older, the pleasures of the table, and a love for accumulating money. This aphorism held true of my man. The quantity of food consumed did not decrease, but the elimination did. The superfluity had to break out somewhere. His face became more full and florid, and its natural wrinkles disappeared, giving him a fictitiously robust appearance. He acquired a catarrhal affection of the bronchial tubes, and a constant cough and clearing of the throat, that is called by the Spanish, "La tos de ricos," the cough of the rich. Rheumatic swelling of some of the finger joints and rheumatic pains arose, and intensely itchy patches of papular eczema appeared. These were the first symptoms of degeneration, which were bound to augment. Is any one so foolishly optimistic as to suppose that this man will cease whipping up his digestive organs with alcohol and pepper? On the contrary, with the increase of his misery, the use of stimulants will tend to increase. That in the long run such excitation does not ameliorate but rather tends to drive one farther into trouble, the ordinary man does not know, or knowing does not heed. It is the observation of such cases that makes me regard the beginning of the fifties as a particu-

larly critical time of life, the dangers of which may be accentuated by many fortuitous circumstances. For instance, in one of Guy de Maupassant's stories the author depicts a character as a man with a most vigorous digestive system, forced into physical inactivity by having had his feet shot off in the Franco-Prussian war. The author describes him as getting himself into a railway carriage. De Maupassant says, "He was perhaps fifty-three years of age, but his hair was already nearly white. He had a bristling moustache, and was very fat and heavy bodied, as strong, active people tend to become when forced into inactivity. He mopped his forehead, and breathing hard, inquired if I should be incommoded by his smoking."

You have here an artistic picture of the aspect of the kind of man I have in mind. He would naturally from the state of his nutrition have seborrhea, and consequently his hair would become by fifty not only gray but white. Being naturally robust he had stout hair, especially in the moustache. As a cripple he had become fat from inaction, which made him puff and perspire when in motion. There was also a catarrh of the upper respiratory passages, and the discomfort of short breathing was relieved by smoking. We have all of us often seen such people hurriedly fumble for their tobacco.

Anatole France also gives a good description of this class of man: "Notwithstanding his gray hair he seemed to be in the full strength of his years. He had a smiling mouth and lively eyes, and the folds of his chin descended majestically down over his stock, that through sympathy had become greasy as the neck that spread over it."

Such men are not ascetics. They enjoy eating, and are apt to be devoted to highly spiced foods. They suffer from all sorts of ailments incident to their mode of life, such as rheumatism, gout, stone in the bladder, biliary calculi, and many irritating eruptions of the skin. At the same time they often are men of immense physical force, and are among the best positive workers in the world. They have a shorter life than nature intended, and may be said to literally dig their grave with their teeth. These vigorous individuals eat until they get that sense of fullness and repletion that comes from taking in a large bulk of food. They sometimes say that the long drawn out dinner or many courses is the only one that gives them entire satisfaction. Their vigorous digestive system enables them to turn this mass of food into nutritious juices that have to be disposed of either as units of work or as excreta, or as fat. As these men grow fatter their capacity for work is lowered, but their voraciousness in eating continues. It is not infrequent for them to have spells of depression and melancholy which they try to escape by drinking. While drunk they do not eat, and after such an enforced fast they crawl out as limp as a rag, but feeling infinitely better mentally. Besides going on a spree they have another natural remedy, an attack of gout, in which their physician puts them on a low diet, and a course of purgatives and alkalies. Such great, fat, pulpy in-

dividuals form excellent meat for microbes, and if the bursting of an overfull blood vessel does not kill them, pneumonia may, and in any event when once attacked by one of the great maladies their exit is apt to be rapid.

The flat taste of food is usually due to overcooking or bad salting. The flavors of food are the soluble substances that touch the palate, and the odors that please the sense of smell. A good example in this kind was given in the late Spanish war. The army before Santiago was supplied with canned roast beef, which proved meat out of which the soluble, natural flavors had been taken to make beef extracts: the capitalists' idea of killing two birds with one stone. In that warm climate where meat is not very well tolerated at best, this canned roast beef was nauseating. In such a case a large quantity of pepper would have made it more palatable, but not more wholesome.

One of the secrets of cooking is not to allow the escape of these saviors, and if they escape, and if the odor of the cooking is throughout the house one may expect a tasteless dinner, for the bouquet of the food is in the atmosphere and not in the viands. A cauliflower, for instance, that is cooked for ten or fifteen minutes over a quick fire in well salted water, will be firm and stand up in the dish, and will have a well defined agreeable taste, whereas if longer and more slowly cooked it will fall into a shapeless flat-tasting mush, requiring pepper to whip it into line for the table.

Many people take stimulants to increase appetite. This at times is beneficial, and is one of the most frequent therapeutic measures to bring about a balance of health. Sometimes the vital forces seem to slow down, and the individual "fails," as we say, from no ascertainable cause. Under such circumstances a stimulant of any kind may be of service. It may be a course of the mineral acids, it may be travel, it may be a greater variety of food. In whatever form it comes it whips up the vital forces that were insensibly slowing down, and does good. A discreet amount of stimulation is often therefore as grateful to the body as a fertilizer is to a plant. Stimulation may, however, like all good things, be carried to excess. Many people so copiously pepper their food that they fall directly into the monotony of diet from which they desire to escape. Their taste becomes so vitiated that the only flavor they appreciate is pepper, or something equally strong.

Many diseases are detrimentally affected by the ingestion of pepper. Rosacea is an excellent example of a disease that reacts unfavorably to the ingestion of pepper or alcoholic stimulants. Many patients will tell you that a glass of wine will set their face in a blaze.

Erythematous eczema of the face is another good example. In this disease the relationship between functional disturbances of the gastro-intestinal tract and the skin affection is often most marked. I refer here to the type depicted in Louis A. Duhring's Atlas of Skin Diseases, where the skin is red and

desquamating, and the natural lines of the skin are accentuated. The eyes are sad and tired looking, as if from lack of sleep, and the corners of the mouth drawn down, giving the man the appearance of invincible melancholy. If at all observant it is likely that this person has found that indulgence in peppers, spices, alcohols, and the strong nerve stimulants, such as tea and coffee, are followed by an attack of cutaneous irritation.

Not long ago a young man applied to me for the relief of a tantalizing pruritus. I had long previously treated the father for a severe papular eczema of the face. This was not the sole trouble the father had, for he was highly nervous, had a florid face, and was addicted to drink. The son was of the same tense, high strung type as the father, and his belly had two large scars on it resulting from an operation for appendicitis. The fact of appendicitis was itself a sign of intestinal irritation, inflammation of the appendix being only the highly dangerous part of a much more extensive catarrhal inflammation of the bowels, just as mastoiditis is the highly dangerous point in a catarrhal affection of the ear. By taking out the appendix, however, the catarrhal trouble in the rest of the intestines is not cured. My hypothesis therefore was that the pruritus was due to intestinal irritation and that possibly the predisposition to it was inherited, and he was treated accordingly. Among other things he was set on a diet in which pepper was interdicted. Shortly afterwards he returned, saying that for some time he had been better, but that the preceding Sunday night he had had a severe attack of itching which had prevented sleep. On questioning him he admitted eating curry that evening for dinner, and affirmed that he did not know that curry is pepper. It may be that curry did not cause the attack of itching, but its ingestion occurred at the right time for it to have had this effect. This unperceived enjoyment of pepper and other condiments should always be borne in mind in ascertaining the habits or directing the diet of even amenable patients. In the first place people are not used to thinking along these lines. I remember one time speaking very earnestly to a thoughtful woman on the evil effects of pepper as particularly emphasized in a member of her family. The day following this conversation I lunched in her household, and we had sausages loaded with pepper. Then again many dishes contain pepper so artfully masked as usually to escape detection. An intelligent man suffered exquisitely from neurotic eczema, and I had repeatedly told him in a general way to abstain from pepper. On one of his visits I handed him a list of dishes apt to be highly peppered. On reading it he remarked reflectively that he had just eaten chowder in a restaurant. Patients should also be told to beware of purees or thick soups, as such dishes, that otherwise taste flat, have often pepper added to them to impart a warm full taste, agreeable to the palate. While delightful to the palate, and warm and comforting to the stomach, farther down the alimentary canal they may set every one

of the *valvulae conniventes*, or winking valves, violently blinking.

I know of no better demonstration of what an eczema patient should not eat, than a good free lunch counter. You there see savory Spanish stews, stuffed peppers, strong cheese, baked beans loaded with pepper, well spiced sausages and pickles. There will also be salt meats, and many foods impregnated with vinegar. The point of view of the proprietor of a free lunch counter is well illustrated by the following story from Rabelais:

A prince wishing to conquer a king in whose country he had landed, sent him a box containing a very hot confection. The king partook of these condiments, and straightway his mouth began to burn. To allay his thirst his attendants put a funnel into his mouth and poured down a cask of wine. The courtiers seeing the king with such a magnificent thirst, also partook of the confection, and as a consequence drank copiously, and soon became drunk. The common people seeing their king and nobles all dead drunk, thought it the usual preparation for battle, and got drunk too. The inebriated town was attacked at the psychological moment, or rather at the unpsychological moment, as the inhabitants were unconscious, and readily fell a prey to the enterprising prince who devised the scheme.

The following is a list of some peppery foods and condiments which should be avoided by those sensitive to the drug:

- Black pepper.
- White pepper.
- Red pepper.
- Paprika.
- Ground chili.
- Curry powder.
- Pepper sauce.
- Chili sauce.
- Tobasco sauce.
- Worcestershire sauce.
- Catsup.
- Chow-chow.
- Most varieties of pickles.
- Mustard through all its forms; mayonnaise, for instance, is equivalent to a pepper.
- Purees.
- Welsh rabbit.
- Most Hungarian dishes.
- All Spanish dishes, as tamales and enchiladas.
- All dishes a la Newburg.
- Many scalloped dishes.
- Sausages of all varieties.
- Dressing of fowls.
- Stews and hashes may contain pepper.
- Salads are apt to be full of pepper.
- Chowder, eaten in a restaurant.
- Canned tomatoes with red pepper.
- Baked beans with tomato sauce.
- Oyster cocktails.
- Hashed potatoes are usually full of pepper.
- Ginger and cloves.
- Chutney sauce.
- Pepper is a favorite method of hiding over-cook-

ing, and is so used by many cooks. If a cook has the "pepper habit," brown some cornstarch, take most of the pepper out of the pepper box, and add the browned cornstarch. These lazy cooks seldom taste their dishes in the preparing, and the ruse escapes detection.

From what I know of human nature, I am of the opinion that the reading of the above list will rather serve as an incentive to eating pepper than as a deterrent.

It should always be borne in mind that pepper is a drug, and a very irritating stimulant one at that. It is a drug that is taken for fun, and one must be always on one's guard about things taken for sport. It is a wise rule not to try to get too much fun out of any drug. Men who try to do so, usually find their path to lead straight to a physician's office, and it is an old saying that, "He who dwells with doctors dwells in misery."

## REMOVAL OF TONSILS UNDER LOCAL ANESTHESIA.\*

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I shall not go into the indications for the removal of the tonsil. It is a broad subject and one pretty well thrashed over. All are, however, pretty well agreed that, when the indications are such as to demand the removal, the offending body should be extirpated in its entirety. This paper concerns itself only with the operative technic. For the sake of clearness a few anatomical facts must be mentioned.

The tonsils are a part of what Waldeyer has called the adenoid ring. We have them lying on each side of the pharynx; isolated masses of adenoid tissue whose function we do not know. Lymphoid follicles are found scattered among the lymphoid tissue. Opening into the pharynx are the furrows or clefts called crypts, lined with stratified pavement epithelium and often containing degenerated epithelium, leukocytes and lymphocytes. The tonsil lies in a cul de sac formed by the palatoglossus in front, called the anterior pillar of the pharynx, and the palatopharyngeus behind, known as the posterior pillar. Above the tonsil, there is left a space called the supra-tonsillar fossa. This is covered by a fold of mucus membrane called the plica triangularis. Externally the tonsil is limited by a fibrous capsule which lies in relation to the superior constrictor of the pharynx. The superior constrictor then forms the outer wall of the containing cavity. As can be seen in the specimens presented, this limiting membrane covers in the smooth rounded tonsillar substance. The pillars are sometimes distinct and free from the tonsil, but often are grown fast to it. Again, we find tonsils of large size completely hidden under the anterior pillar, their presence shown by the bulging of the part when the patient swallows or felt by the examining finger.

The arteries supplying the tonsils are the dorsalis

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